

# Ergonomic Support

Preventative. Productive. Efficient.

Proper ergonomics is essential to preventing workplace injuries, particularly in preventing repetitive motion injuries that may lead to long-term disability.

Our ergonomics program is built on our commitment to health and injury prevention. A panel of ergonomic specialists is available to provide onsite preventative or post-injury ergonomic assessments and job analyses.

We also offer onsite ergonomics classes tailored to the training needs of each employer's workplace.

## Ergonomic Assessments

- Preventative and post-injury evaluations
- Integration with safety plans and programs
- Hands-on assessments
- Workstation adjustments
- Detailed report with specific recommendations

## Ergonomic Training

- Reduced risk of injury
- Employee empowerment
- Customized programs
- Key topics include: office, laboratory, industrial, warehouse, safe lifting, and stretching for prevention

## Job Analysis

- Objective, third party assessments of job functions
- Evaluations of the job's physical demands
- Instrumental in facilitating return to work

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